

Italian Chicken Cutlets

Ingredients:

- Half a pound of chicken cutlet
- Extra virgin olive oil
- 2 Tbsp of sun dried tomatoes
- 4-ounce can of mushrooms
- 1 Tbsp of minced garlic

Optional:

- Italian Seasoning
- Oregano
- Basil

Directions:

1. Put extra virgin olive oil in pan and heat.
2. Add the mushrooms (drain liquid), chicken cutlet and cook until pink center disappears on chicken.
3. Add sun dried tomatoes and minced garlic and put under low flame and cover for about 10 minutes. You can add Italian seasoning or oregano or basil if you'd like, too.

Nothing fancy but tastes really good. Also takes a short time to make if you are in a rush. This dish goes well with some pasta on the side.

Shared by: John M. Kaffenberg

Registered Dietician Notes:

Calories: 126
Protein: 18 g
Carbohydrates: 2 g
Fat: 5 g
Sat Fat: 1 g